Exerc Warning Signs

- Abnormal heart action: irregular pulse, rapid or fluttering heart rate, sudden burst of heart beats, or sudden decrease of pulse rate during exercise.
- Heavy pumping or strongly felt palpitations in the throat or chest (beyond normal exercise feeling)
- Dull pain, ache, or heavy pressure in the middle of the chest before, during, or after exercise
- Abnormal shortness of breath associated with chest pain
- Sudden pain or numbness in any part of the body (especially in the left arm)
- Pain or heart burn in region of the upper abdomen
- Extreme dizziness, sudden loss of coordination, cold swea
  consciousness
- ary loss of speech or vision

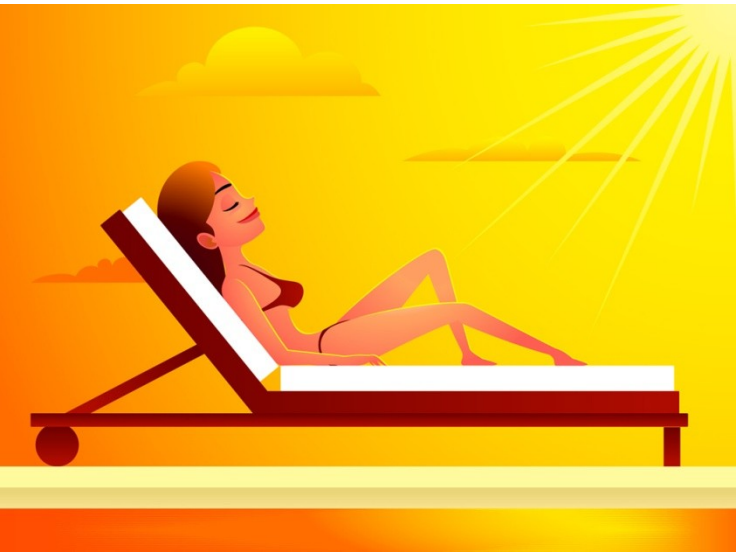
The Two Classes of Sports Injury

- Extrinsic
  - Training parameters, equipment and environment

- Intrinsic
  - Fitness level, body fat, anatomy, prior injury, age, smoking status, muscle strength, flexibility (extremes)

To Reduce Injury

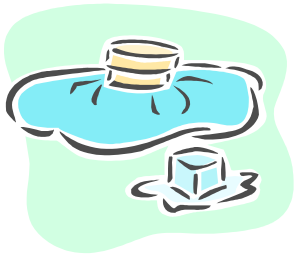
- Build up fitness goals gradually
- Make cross training part of schedule
- Allow body to rest after challenging workouts (min 48 resistance, 24 hours intense aerobic)



Recognizing Overtraining

- Excess fatigue when running - even on the “easy” days
- Poor workout performance – may be first CV signs too
- Dreading your runs
- Disturbance in sleep patterns
- Feeling sleepy during the day
- Loss of appetite
- Upset Stomach
- Weight Loss
- Irritable
- Increased Respiratory Infections
- Stiffness, soreness, tenderness in muscles o
  doesn’t let up

General Treatment for Sports Injury



PRICE/RICE Principle

- **P**rotect: protect area if needed from further injury
- **R**est: Chose an alternate form of exercise for 1 to 2 weeks or until the pain stops
- **I**ce: Apply for 20 minutes 2 to 3 times a day
- **C**ompression: Snugly wrap area with an ace banc swelling
- **E**levate: Whenever possible, elevate area above the level of your heart, or onto a chair while at work

How To keep Fit With An Injury?

- If your knee hurts try: stationary bike, cross-trainer, rowing machine or swimming.
- If your shins hurt try: stationary bike, stair-climbing machine, cross-trainer, or rowing machine. Injury most likely caused by doing too much too soon.
- If your back hurts try: the recumbent bike or cross trainer or swimming
- If your ankle hurts try: stationary bike with seat slightly lower and heel on pedal versus ball of foot, rowing machine, cross-trainer or swimming.
- Good Running Program and Injury Link: http://www.runnersworld.com